

# Nose Bleeds and Hiccups!

*“Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.” Isaiah 58:8*

## Nose Bleeds

Nose bleeds are usually not serious, but the sight of all that blood can be very frightening. Children have more nose bleeds than adults do, because their blood vessels are more delicate than adults.

When you or your child has a nose bleed, the most important thing to do is to remain calm. The person with the nose bleed needs to sit down and lean **forward** so blood doesn't flow into the throat and lungs. Wad up a tissue and slide it into the nostril that is bleeding, then use the index finger and thumb to pinch the bridge of your nose. Pinch towards the middle of the nose and use firm pressure, but don't pinch too hard—it hurts and doesn't give you better results.

You need to be patient and pinch for between 2-15 minutes. Change the tissue inside the nostril, as that will help you see when the bleeding stops. If the bleeding doesn't stop after 15 minutes, try pinching for another 5 minutes. An ice bag across the bridge of the nose can help reduce the amount of blood that flows to the nose.

Once the bleeding does stop, wash your hands and face with warm water and soap. Put a small amount of petroleum jelly (Vaseline) inside the nostril to moisturize the area. Don't sniff or blow the nose for several hours after the bleeding stops.

Go to the Emergency Room if:

- Bleeding doesn't stop after following the steps above, or
- If the victim becomes weak, pale, or develops a rapid heart beat

To help prevent nose bleeds, keep moisture in the air, using a humidifier if necessary. There are also simple saline nose sprays that can be purchased over the counter to help keep the tissue moist. It is also important to keep fingers out of the nose.

## Hiccups

A hiccup is caused by a spasm of the diaphragm. The diaphragm is the muscle located at the bottom of the chest which helps push and pull air in and out of our lungs as we breathe. When the diaphragm becomes irritated, it may go into spasm and cause hiccups.

Hiccups usually go away by themselves after a short time. On rare occasion, they will last for days, or even weeks. But for run of the mill hiccups, try one of these common solutions.

- Breathe into a paper bag five times in a row
- Put sugar under your tongue
- Dunk your face into ice water for 30 seconds
- Drink from the “wrong” side of a glass of water
- Have someone jump out and surprise you
- Take ten slow swallows from a glass of water without taking any breaths between swallows
- Hold your breath for at least a count of ten

See a doctor for very prolonged (over 24 hours) or painful hiccups, or if they begin after taking a medication.

Good information can be found at:

[www.ehow.com](http://www.ehow.com) (search nose bleeds or hiccups)

[www.kidshealth.org](http://www.kidshealth.org) (search parents site for nose bleeds or hiccups)